

RAINBOW MESSENGER
MAY, 2006

DAILY ACTIVITIES:



WALKING - In climate-controlled banquet room, twenty-five (25) laps equals a mile



Outside Walking Trail - 1/3 Mile



FITNESS ROOM - Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



CARDS - Card tables available for your use on a daily basis.



BILLIARDS/POOL - Pool tables available Monday – Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 1:00 p.m. to 3:45 p.m.



COMPUTER LAB - The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday morning from 9:00 to 10:30 a.m.

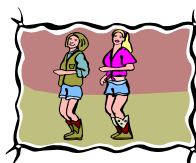
REGULAR SCHEDULED ACTIVITIES:



- **EXERCISE CLASS** meets every Monday and Thursday mornings at 9:00 a.m.



- **CRAFTY CREW** will meet on Tuesday mornings from 9:00 a.m. to 12:00 noon. Look forward to seeing you with all of your ideas.



- **LINE DANCE LESSONS** 6:30-8:00 p.m. on Wednesdays in May. Cost of the session is \$3.00. Please wear tennis shoes.



- **SINGING SENIORS** meet Friday mornings at 10:00 a.m. at the Arnold F. Habig Community Center. We will sing at the Northwood Good Samaritan Nursing Home on **Friday, May 5th** at **10:00 a.m.** All voices are welcome!!

- **BINGO** will be held on **Tuesdays, May 9th, 23rd and 30th** with games beginning at 12:00 noon. We ask you to keep bills to \$5 and under or correct change. Thanks for your cooperation. Cost \$1.00 per card to play all 50 games. Beginning at 11:30 a.m. someone will be there to collect.



- **QUILTING BEES** will be held on **Mondays, May 8th and May 22nd** from 9 a.m. to 3 p.m. Lunch will be served.

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• CARD TOURNEYS



- **Thursday, May 4th** – Cinch Tourney.
- **Thursday, May 18th** – Rum Tourney

Games start at 12:00 (noon), \$1.00 entry fee is requested and prizes will be given away. Please sign up by 10:00 a.m. the morning of the tourney.

• BLOOD PRESSURE CHECKS



- **Tuesday, May 9th from 11:30 to 12:00 noon.**

- **SUNDAYS:** Thanks for volunteering to open the Center on Sundays. A sign-up sheet remains on the front desk or you can call 482-4455 to sign-up for a Sunday,
- **Remember:** Older Americans will be closed on Mother's Day, Sunday, May 14th.

HAPPY MOTHER'S DAY TO ALL THE MOTHERS!!

• SPECIAL ACTIVITIES



The **Lunch Bunch:** Join us for lunch at 11:00 a.m. on **Thursday, May 11th** at Snaps Steak House. Please call your **reservations** in by **3:00 p.m. on Monday, May 8th**. Lunch is dutch treat. Hope you'll join us as we always have a great time eating and visiting!!

- **CATERED MEAL:** **Thursday, May 25th** at **11:30 a.m.** Menu: Chicken & Dumplings, Mashed Potatoes, Green Beans, Sweet & Sour Slaw, Bread and Iced Tea or Decaf Coffee. Hall Creek Catering will cater our monthly meal. Cost of the meal is \$5.50. **Reservations are due by 3:00 p.m. Wednesday, May 17th**. Come in or call your reservation to: 482-4455. Money will be collected at the meal. Be sure to join us for playing cards or other games with your friends afterwards.



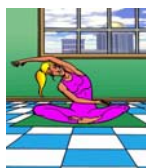
• SENIORS COFFEEHOUSE: A WRITERS GROUP:

Seniors Experience the Arts (SETA) is continuing its creative writing adventure at the Older Americans located at the Arnold F. Habig Community Center on **Wednesdays, May 3rd and 17th from 1:30 to 3:00 p.m.**

Bring your notebook and a pen/pencil so you can share your legacy with your family. It will become a precious gift for your future generations. If you have difficulty writing, then we have special people who will assist you.

Please let us know that you're coming so we are sure to make room for you! If you weren't here in March or April, it is still not too late to join us.

- **CHAIR YOGA:** We are currently having a sign-up sheet for seniors who would be interested in taking a **CHAIR YOGA CLASS!!** The origins of yoga date back thousands of years. People experience many benefits from doing



even very simple yoga. This can include reduced stress, a calm mind, better circulation, flexibility of the joints and spine, muscle strength, and an overall sense of well-being. A chair yoga class would include simple breathing exercises, light stretching and strengthening of the muscles, and meditation exercises to keep your mind sharp! Most traditional yoga classes are done on a mat on the floor with seated or standing positions, but these same exercises can be adapted for seniors with Chair Yoga. The class would be taught by Phil Barth, a Certified Yoga Teacher. Phil grew up in Dubois County and lives here in Jasper. He is the owner of Fire Horse Yoga Studio & Massage, located on the Square downtown. He teaches weekly yoga classes at his studio, and also private lessons, and practices yoga on a daily basis. If you would be interested in experiencing the benefits yoga can have on your life, please call the Habig Center and tell them you may like to try a class. If we have enough people who want to take a class, we will look into offering classes in the near future.

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- **SENIORS EXPERIENCE THE ARTS:** The 3rd Classic Movie Appreciation Day is scheduled for **Wednesday, May 24th at 1:00 p.m.** The movie will be **“BYE, BYE BIRDIE”**. The Army is drafting Conrad Birdie, a big Elvis style rock star. Rosie has the idea for Birdie to sing a song written by Albert – Rosie’s noncommittal boy friend. To make things interesting a female fan, Kim McAfee, is selected to be kissed by Birdie. Naturally her boyfriend Hugo is not happy with this. The events are to take place in Sweet Apple, Ohio where the kids head. Albert’s mother arrives also. What happens – do you remember? It stars: Ann Margaret, Dick Van Dyke and Janet Leigh. How much do you remember from the original movie – come see it again especially if you like musicals.
- **TRIP:** Leave Jasper Armory Parking Lot on **Monday, May 15th at 6:45 a.m. to Columbus, IN** and we will pick up in Huntingburg at 6:10 a.m. Lunch is dutch treat at Sirloin Stockade. We will return home around 4:45 p.m. **Money is due by 3:00 p.m. on Wednesday, May 3rd**. Make checks payable to: Older Americans. If you mail in your check, our address is: 1301 St. Charles Street, Jasper, IN 47546.
- **AGING WELL CONFERENCE 2006:** Again this year Generations is sponsoring an Aging Well Conference for all area seniors to attend. This year’s event is scheduled on **June 6th from 9:00 a.m. to 2:00 p.m.** Various health screenings will be available along with booths to visit. Educational sessions, guest speakers and a delicious lunch. Cost for transportation and ticket is \$25.75. Limit 4 names per phone call. **Reservations** must be made by **noon Tuesday, May 16th**.

We will leave the **Jasper High School Parking Lot** closest to the tennis courts (off St. Charles Street) at **7:45 a.m.** and pick-up can be made in Huntingburg upon request. We hope you can make it.

- **CLOSINGS:** The Arnold F. Habig Community Center will be closed on **Sunday, May 14th** for Mother’s Day. Happy Mother’s Day to all the Mothers!! We will also be closed on **Monday, May 29th** in observance of Memorial Day!! Have a happy and safe weekend.



- **MEDICINE COLLECTION:** Friday, May 12th, the Spring Medication Collection will be held from 11:00 a.m. to 1:00 p.m. at the following locations: **Jasper Fire Station (6th Street), Huntingburg Fire Station and Ferdinand Fire Station.** Please take advantage of this free opportunity to safely dispose of unneeded medicines. **Help us keep our environment clean!!**



HAPPY MAY BIRTHDAYS!!

2 nd	Dorothy Schepers
4 th	Clara Englert – Brookside Village
5 th	Linus J. Kluemper
6 th	Lavon Propes
7 th	Bertha Seger
7 th	Ardella Wilmes
9 th	Mary Brelage
9 th	Bernice Kluemper
9 th	Betty Vonderheide
14 th	Kenny Schepers
15 th	Jim Gramelspacher
22 nd	Esther Schroeder
24 th	Alberta Harris
24 th	Frank E. Lee
27 th	Rosemary Schneider
31 st	Mabell Schitter

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HAPPY MAY ANNIVERSARIES!

5th Mr. & Mrs. Paul Campbell
6th Mr. & Mrs. Kenneth Schnell
22nd Mr. & Mrs. Tom Fehribach

- **AARP NEWS:** The Dubois County Chapter #1953 will hold their regular meeting on **Wednesday, May 10th at 1:30 p.m.** at the Arnold F. Habig Community Center. Father John Boeglin will be at our meeting to show video's of his trip to Africa
 - Board Members will meet at **1:00 p.m.**